



**SUPPLEMENTARY EXAMINATION**

**PROGRAMME** : B ED  
**MODULE NAME** : PHYSICAL EDUCATION 2  
**MODULE CODE** : HMSE 0B2  
**DATE** : 12 JANUARY 2018  
**DURATION** : 1 HOUR  
**TOTAL MARKS** : 60 MARKS

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**NUMBER OF PAGES** : THIS PAPER CONSISTS OF TWO (2) PAGES

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**INSTRUCTIONS TO CANDIDATES:**

**MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.**  
**ANSWER ALL THE QUESTIONS.**

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**QUESTION 1**

**(10)**

Why should children learn to participate in physical activity and to improve fitness?

**QUESTION 2**

**(10)**

Describe the protocol for testing **agility** under the following headings:

- 2.1 description
- 2.2 lay-out and scoring
- 2.3 equipment needed
- 2.4 discuss 2 intervention activities

**QUESTION 3**

**(10)**

For a holistic teaching and learning approach, specific outcomes should be written for all FIVE developmental domains. Name, briefly define these domains and provide 1 example for each domain on how to introduce these domains in a game or any other movement activity.

**QUESTION 4**

**(30)**

Name and briefly discuss the various components of:

- 4.1 health-related fitness
- 4.2 sport-related fitness

**TOTAL: 60 MARKS**